



Bright Futures Parent Handout 5 and 6 Year Visits

Here are some suggestions from Bright Futures experts that may be of value to your family.

Healthy Teeth

- Help your child brush his teeth twice a day.
 - After breakfast
 - Before bed
- Use a pea-sized amount of toothpaste with fluoride.
- Help your child floss her teeth once a day.
- Your child should visit the dentist at least twice a year.

ORAL HEALTH

Ready for School

- Take your child to see the school and meet the teacher.
- Read books with your child about starting school.
- Talk to your child about school.
- Make sure your child is in a safe place after school with an adult.
- Talk with your child every day about things he liked, any worries, and if anyone is being mean to him.
- Talk to us about your concerns.

SCHOOL READINESS

Your Child and Family

- Give your child chores to do and expect them to be done.
- Have family routines.
- Hug and praise your child.
- Teach your child what is right and what is wrong.
- Help your child to do things for herself.
- Children learn better from discipline than they do from punishment.
- Help your child deal with anger.
 - Teach your child to walk away when angry or go somewhere else to play.

MENTAL HEALTH

Staying Healthy

- Eat breakfast.
- Buy fat-free milk and low-fat dairy foods, and encourage 3 servings each day.
- Limit candy, soft drinks, and high-fat foods.
- Offer 5 servings of vegetables and fruits at meals and for snacks every day.
- Limit TV time to 2 hours a day.
- Do not have a TV in your child's bedroom.
- Make sure your child is active for 1 hour or more daily.

NUTRITION AND PHYSICAL ACTIVITY

Safety

- Your child should always ride in the back seat and use a car safety seat or booster seat.
- Teach your child to swim.
- Watch your child around water.
- Use sunscreen when outside.
- Provide a good-fitting helmet and safety gear for biking, skating, in-line skating, skiing, snowboarding, and horseback riding.
- Have a working smoke alarm on each floor of your house and a fire escape plan.
- Install a carbon monoxide detector in a hallway near every sleeping area.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.
- Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.
- Teach your child how to cross the street safely. Children are not ready to cross the street alone until age 10 or older.
- Teach your child about bus safety.
- Teach your child about how to be safe with other adults.
 - No one should ask for a secret to be kept from parents.
 - No one should ask to see private parts.
 - No adult should ask for help with his private parts.

SAFETY

Poison Help: 1-800-222-1222

Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org



American Academy
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Important Milestones By The End Of 5 Years (60 Months)

Children develop at their own pace, so it's impossible to tell exactly when yours will learn a given skill. The developmental milestones below will give you a general idea of the changes you can expect as your child gets older, but don't be alarmed if your child takes a slightly different course.

Social

- Wants to please friends
- Wants to be like her friends
- More likely to agree to rules
- Likes to sing, dance, and act
- Shows more independence and may even visit a next-door neighbor by herself

Emotional

- Aware of gender
- Able to distinguish fantasy from reality
- Sometimes demanding, sometimes eagerly cooperative

Cognitive

- Can count 10 or more objects
- Correctly names at least four colors
- Better understands the concept of time
- Knows about things used every day in the home (money, food, appliances)

Language

- Recalls part of a story
- Speaks sentences of more than five words
- Uses future tense
- Tells longer stories
- Says name and address

Movement

- Stands on one foot for 10 seconds or longer
- Hops, somersaults
- Swings, climbs
- May be able to skip

Hand and Finger Skills

- Copies triangle and other shapes
- Draws person with body

www.cdc.gov/actearly

- Prints some letters
- Dresses and undresses without help
- Uses fork, spoon, and (sometimes) a table knife
- Usually cares for own toilet needs

Developmental Health Watch

Alert your child's doctor or nurse if your child displays any of the following signs of possible developmental delay for this age range.

- Acts extremely fearful or timid
- Acts extremely aggressively
- Is unable to separate from parents without major protest
- Is easily distracted and unable to concentrate on any single activity for more than five minutes
- Shows little interest in playing with other children
- Refuses to respond to people in general, or responds only superficially
- Rarely uses fantasy or imitation in play
- Seems unhappy or sad much of the time
- Doesn't engage in a variety of activities
- Avoids or seems aloof with other children and adults
- Doesn't express a wide range of emotions
- Has trouble eating, sleeping or using the toilet
- Can't tell the difference between fantasy and reality
- Seems unusually passive
- Cannot understand two-part commands using prepositions ("Put the doll on the bed, and get the ball under the couch.")
- Can't correctly give her first and last name
- Doesn't use plurals or past tense properly when speaking
- Doesn't talk about her daily activities and experiences
- Cannot build a tower of six to eight blocks
- Seems uncomfortable holding a crayon
- Has trouble taking off clothing
- Cannot brush her teeth efficiently
- Cannot wash and dry her hands
- Experiences a dramatic loss of skills he or she once had

From CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5 by Steven Shelov, Robert E. Hannemann, © 1991, 1993, 1998, 2004 by the American Academy of Pediatrics. Used by permission of Bantam Books, a division of Random House, Inc.



Learn the Signs. Act Early.

Positive Parenting Tips for Healthy Child Development



Middle Childhood (6-8 years old)

Developmental Milestones

Middle childhood brings many changes to a child's life. By this time, children can dress themselves, catch a ball more easily with only their hands, and tie their shoes. Developing independence from family becomes more important now. Events such as starting school bring children this age into regular contact with the larger world. Friendships become more and more important. Physical, social, and mental skills develop rapidly at this time. This is a critical time for children to develop confidence in all areas of life, such as through friends, schoolwork, and sports. Here are some changes your child may go through during middle childhood:



Emotional/Social Changes

- More independence from parents and family.
- Stronger sense of right and wrong.
- Beginning awareness of the future.
- Growing understanding about one's place in the world.
- More attention to friendships and teamwork.
- Growing desire to be liked and accepted by friends.

Mental/Cognitive Changes

- Rapid development of mental skills.
- Greater ability to describe experiences and talk about thoughts and feelings.
- Less focus on one's self and more concern for others.

(Adapted with permission from Bright Futures: Green M, Palfrey JS, editors. Bright Futures Family Tip Sheets: Middle childhood. Arlington (VA): National Center for Education in Maternal and Child Health; 2001.)

For more information, visit the American Academy of Pediatrics Developmental Stages website (<http://aap.org/healthtopics/stages.cfm>)

Promoting the health of babies, children, and adults,
and enhancing the potential for full, productive living

www.cdc.gov/ncbddd

Department of Health and Human Services

National Center on Birth Defects and Developmental Disabilities

Positive Parenting

- Show affection for your child. Recognize her accomplishments.
- Help your child develop a sense of responsibility—ask him to help with household tasks, such as setting the table.
- Talk with your child about school, friends, and things she looks forward to in the future.
- Talk with your child about respecting others. Encourage him to help people in need.
- Help your child set her own achievable goals—she'll learn to take pride in herself and rely less on approval or reward from others.
- Make clear rules and stick to them, such as how long your child can watch TV or when he has to go to bed. Be clear about what behavior is okay and what is not okay.
- Help your child learn patience by letting others go first or by finishing a task before going out to play. Encourage him to think about possible consequences before acting.
- Do fun things together as a family, such as playing games, reading, and going to events in your community.
- Get involved with your child's school. Meet the teachers and staff to understand the learning goals and how you and the school can work together to help your child do well.
- Continue reading to your child. As your child learns to read, take turns reading to each other.
- Use discipline to guide and protect your child, rather than punishment to make her feel badly about herself.
- Support your child in taking on new challenges. Encourage him to solve problems, such as a disagreement with another child, on his own.

Child Safety First

More physical ability and more independence can put children at risk for injuries from falls and other accidents. Motor vehicle crashes are the most common cause of death from unintentional injury among children this age.

- Protect your child properly in the car. For detailed information, visit the American Academy of Pediatrics' Car Safety Seats: A Guide for Families (<http://www.aap.org/family/carseatguide.htm>)
- Teach your child to watch traffic and how to be safe when walking to school, riding a bike, and playing outside.
- Make sure your child understands water safety, and always supervise her when she's swimming or playing near water.
- Supervise your child when he's engaged in risky activities, such as climbing.
- Talk with your child about how to ask for help when she needs it.
- Keep potentially harmful household products, tools, equipment, and firearms out of your child's reach.

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Illustration by
Billy Nuñez, age 16

BULLYING: IT'S NOT OK

BULLYING AFFECTS ALL CHILDREN

- Victims of bullying can learn how to respond safely to physical, verbal, and social bullying.
- Children who are bullies can change their behavior. When bullies are allowed to continue, it often leads to future problems.
- Bystanders—children who watch the bullies pick on others—can help stop bullying.
- Concerned and involved adults can reduce bullying in schools and neighborhoods.

Bullying is when one child picks on another child **again and again**. Usually children who are being bullied are either weaker or smaller, are shy, and generally feel helpless.

FACTS ABOUT BULLYING

- Both girls and boys can be bullies.
- Bullies target children who cry, get mad, or easily give in to them.
- There are 3 types of bullying.
 - Physical**—hitting, kicking, pushing, choking, punching
 - Verbal**—threatening, taunting, teasing, hate speech
 - Social**—excluding victims from activities or starting rumors about them

■ Bullying happens:

At school—in the halls, at lunch, or in the bathroom, when teachers are not there to see what is going on.

When adults are not watching—going to and from school, on the playground, or in the neighborhood.

Through e-mail or instant messaging—rumors are spread or nasty notes are sent.

BULLYING IS DIFFERENT FROM FIGHTING OR TEASING

- A bully has power over another child.
- Bullies try to control other children by scaring them.
- Being picked on over and over can make your child a victim.
- Bullying usually happens when other children are watching.

TALK WITH YOUR CHILD ABOUT BULLYING

Even if you don't think your child is bullied, a bully, or a bystander, you will be helping to protect your child just by asking these questions:

- "How are things going at school?"
- "What do you think of the other kids in your class?"
- "Does anyone get picked on or bullied?"

WHEN YOUR CHILD IS BULLIED

Talk with your child about how to stay safe. Bullies always pick on smaller or weaker children. If there is a fight, and the bully "wins," this will only make matters worse for your child.



Help your child learn how to respond.

"Let's talk about what you can do and say if this happens again."

Teach your child how to:

- Look the bully in the eye.
- Stand tall and stay calm in a difficult situation.
- Walk away.

Teach your child how to say in a firm voice:

- "I don't like what you are doing."
- "Please do NOT talk to me like that."
- "Why would you say that?"

Just telling your child to do and say these things is not enough. For many children, these skills do not come naturally. It is like learning a new language—lots of practice is needed. Practice so that, in the heat of the moment, these skills will come to your child naturally.

Teach your child when and how to ask for help.

Your child should not be afraid to ask an adult for help when bullying happens. Since some children are embarrassed about being bullied, parents need to let their children know that being bullied is not their fault.

Encourage your child to make friends with other children.

There are many adult-supervised groups, in and out of school, that your child can join. Invite your child's friends over to your home. Children who are loners are more likely to get picked on.

Support activities that interest your child.

By participating in activities such as team sports, music groups, or social clubs, your child will develop new abilities and social skills. When children feel good about how they relate to others, they are less likely to be picked on.

Alert school officials to the problems and work with them on solutions.

- Since bullying often occurs outside the classroom, talk with the principal, guidance counselor, or playground monitors, as well as your child's teachers. When school officials know about bullying, they can help stop it.
- Write down and report all bullying to your child's school. By knowing when and where the bullying occurs, you and your child can better plan what to do if it happens again.

- Some children who are bullied will fear going to school, have difficulty paying attention at school, or develop symptoms like headaches or stomach pains.

Make sure an adult who knows about the bullying can watch out for your child's safety and well-being when you cannot be there.

WHEN YOUR CHILD IS THE BULLY

If you know that your child is bullying others, take it very seriously. *Now is the time when you can change your child's behavior.*

In the long run, bullies continue to have problems. These problems often get worse. If the bullying behavior is allowed to continue, then when these children become adults, they are much less successful in their work and family lives and may even get in trouble with the law.

Set firm and consistent limits on your child's aggressive behavior.

Be sure your child knows that bullying is never OK.

Be a positive role model.

Children need to develop new and constructive strategies for getting what they want. Show children that they can get what they want without teasing, threatening, or hurting someone. All children can learn to treat others with respect.

Use effective, nonphysical discipline, such as loss of privileges.

When your child needs discipline, explain why the behavior was wrong and how your child can change it.

Help your child understand how bullying hurts other children.

Give real examples of the good and bad results of your child's actions.

Develop practical solutions with others.

Together with the school principal, teachers, counselors, and parents of the children your child has bullied, find positive ways to stop the bullying.

Supervise your child and help develop individual skills and interests.

Children with too much “time on their hands” are more likely to find themselves in violent or dangerous situations.

Ask for help.

If you find it difficult to change the behavior, reach out to a professional, like a teacher, counselor, or pediatrician.

WHEN YOUR CHILD IS A BYSTANDER

Most children are neither bullied nor bullies—they just watch. There are things that your child can do to help stop bullying.

Tell your child not to cheer on or even quietly watch bullying.

This only encourages the bully who is trying to be the center of attention.

Encourage your child to tell a trusted adult about the bullying.

Talking to an adult is not “tattling.” Standing up for another child by getting help is an act of courage and safety. To make it easier, suggest taking a friend.

Help your child support other children who may be bullied.

Encourage your child to include these children in activities.

Encourage your child to join with others in telling bullies to stop.

Knowing what to say is important. If your child feels safe, the following statement may help to stop the bully: “Cool it! This isn’t going to solve anything.”

Connected Kids are Safe, Strong, and Secure

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

The American Academy of Pediatrics is an organization of 60,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults.

This project was supported by Grant No. 2001-JN-FX-0011 awarded by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Department of Justice. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice. Adapted with permission from the Massachusetts Medical Society’s “Bullying—It’s Not OK” Parent Education Card, Copyright 2000.

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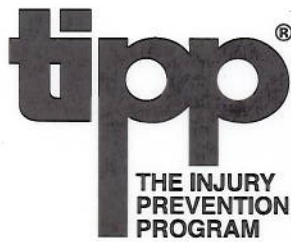
Graphic design and illustrations by Artists For Humanity,
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5 Years



5 YEARS

Safety for Your Child

Did you know that injuries are the greatest threat to the life and health of your child? Injuries are the leading cause of death of school-aged children. **Yet you can prevent most major injuries!**

At age 5, your child is learning to do many things that can cause serious injury, such as riding a bicycle or crossing a street. Although children *learn fast*, they still cannot judge what is safe. You must protect your child. You can prevent common major injuries by taking a few simple steps.

Bike Safety

Your child should always wear a helmet when riding a bike. Buy the helmet when you buy the bike! **Make sure your child wears a helmet every time he or she rides.** A helmet helps prevent head injuries and can save your child's life.

Never let your child ride a bike in the street. **Your child is too young to ride in the street safely.**

Be sure that the bike your child rides is the right size. Your child must be able to place the balls of both feet on the ground when sitting on the seat with hands on the handlebars. Your child's first bicycle should have coaster brakes. Five-year-olds are often unable to use hand brakes correctly.

Street Safety

Your child is in danger of being hit by a car if he or she darts out into the street while playing. Take your child to the playground or park to play. Show your child the curb and **teach him or her to always stop at the curb and never cross the street without a grown-up.**

Water Safety

Now is the time to teach your child to swim. Even if your child knows how to swim, **never let him or her swim alone.**

Do not let your child play around any water (lake, stream, pool, or ocean) unless an adult is watching. **NEVER** let your child swim in canals or any fast-moving water.

Teach your child to never dive into water unless an adult has checked the depth of the water. **And when on any boat, be sure your child is wearing a life jacket.**



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Fire Safety

Household fires are a threat to your child's life, as well as your own. **Install smoke alarms on every level** in your house, especially in furnace and sleeping areas, and **test the alarm every month**. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries once a year.

Teach your child not to play with matches or lighters, and keep matches and lighters out of your child's reach. Also, do not smoke in your home. Many home fires are caused by a lit cigarette that has not been put out completely.



Car Safety

Car crashes are one of the **greatest dangers** to your child's life and health. The crushing forces to your child's brain and body in a crash or sudden stop, even at low speeds, can cause severe injuries or death. **To prevent these injuries, correctly USE a car safety seat or belt-positioning booster seat and seat belt EVERY TIME** your child is in the car. Your child should use a car safety seat with a harness until he reaches the seat's upper weight limit or his ears come to the top of the seat, and then he should use a belt-positioning booster seat. Your child is not big enough to fit in the adult seat belt yet. **The safest place for all children to ride is the back seat.** Set a good example. Make sure you and other adults buckle up, too!



Firearm Hazards

Children in homes where guns are present are in more danger of being shot by themselves, their friends, or family members than of being injured by an intruder. Handguns are especially dangerous. It is best to keep all guns out of the home. If you choose to keep a gun, it should be kept unloaded and in a locked place, with the ammunition locked separately. Ask if the homes where your child visits or is cared for have guns and how they are stored.

Would you be able to help your child in case of an injury? Put emergency numbers by or on your phone today. Learn first aid and CPR. Be prepared...for your child's sake!

SAFETY IN A KID'S WORLD

Dear Parent: Your child is old enough to start learning how to prevent injuries. The games below are designed to help your child think about safety. Read the messages with your child and talk about them together. Then take this safety sheet home and post it where everyone can see it.

It takes time to form a safety habit. Remind each other what it says. Make safety a big part of your lives.

Bike Safety

Always wear a
when you ride your




Get the Helmet Habit!



Street Safety

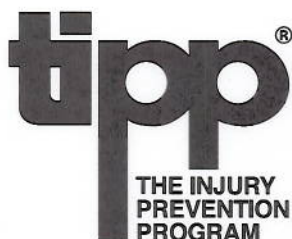
Never run into the street. The street is not safe for kids.

When you come to the curb... 
Directions: Show John the curb.
Color the curb. Then color the picture.

From Your Doctor

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6 Years



6 YEARS

Safety for Your Child

Did you know that injuries are the greatest threat to the life and health of your child? Injuries are the leading cause of death of school-aged children. **Yet you can prevent most major injuries!**

At age 6, your child will become more independent. He or she will be able to do more things that are dangerous. Your child will try to prove that he or she is grown up. But children still aren't good at judging sound, distance, or the speed of a moving car at this age. Your child can learn a few simple things to do for protection, but **you must still be in charge of his or her safety.**

Fire Safety

Make an escape plan in case of fire in your home. Your fire department can tell you how. Teach your child what to do when the smoke alarm rings. Practice what you and your child would do if you had a fire.

Do not smoke in your home. Many home fires are caused by a lit cigarette that has not been put out completely.

Install smoke alarms in your house and test the batteries every month to make sure they work. Change the batteries once a year.

Firearm Hazards

Children in homes where guns are present are in more danger of being shot by themselves, their friends, or family members than of being injured by an intruder. It is best to keep all guns out of the home. **Handguns are especially dangerous.** If you choose to keep a gun, keep it unloaded and in a locked place separate from ammunition. Ask if the homes where your child visits or is cared for have guns and how they are stored.

Bike Safety

Protect your child from bad head injuries or even death. **Make sure your child wears a helmet every time they ride a bike.** Never let your child ride in the street. Your child is too young to ride in the street safely!

Street Safety

Never let your child play near the street. Your child may dart out into traffic without thinking. The park or playground is the best place to play. Begin to teach your child safe street habits. **Teach your child to stop at the curb**, then look to the left, to the right, and back to the left again. Teach your child never to cross the street without a grown-up.



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And Remember Car Safety

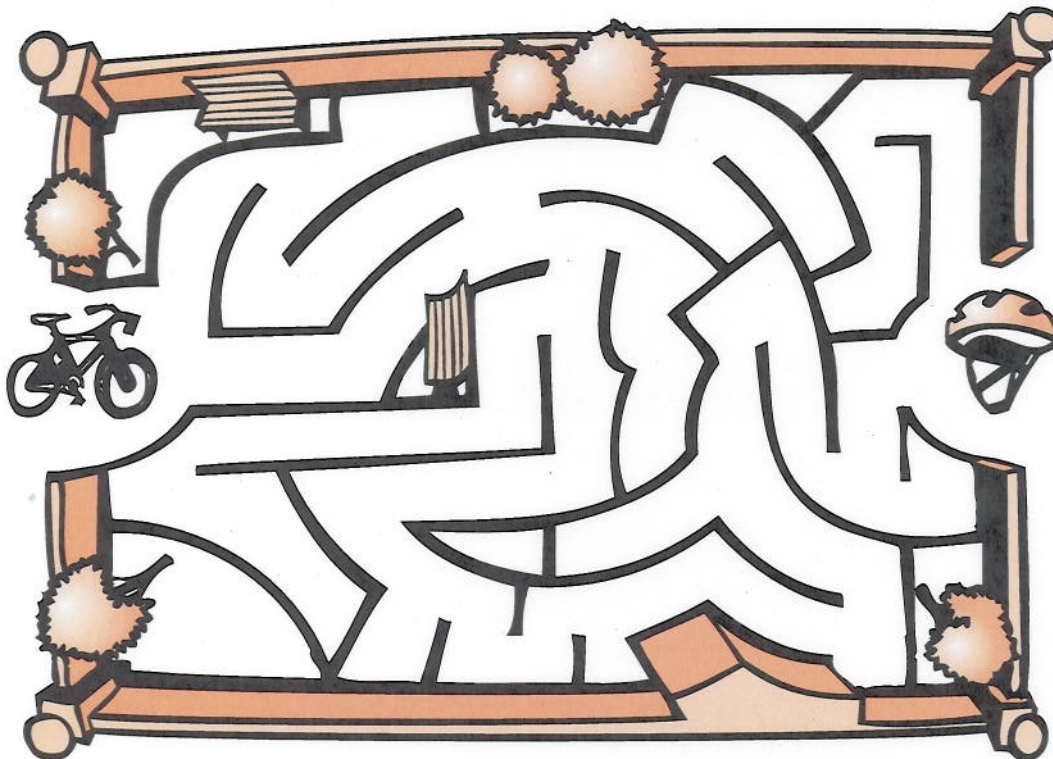
Your child must now use a **booster seat** in the car. Always check to be sure that he or she is correctly restrained in the booster seat before you start the car. Your child should use a booster seat until the lap belt can be worn low and flat on the hips and the shoulder belt can be worn across the shoulder rather than the face or neck (usually at about 80 pounds and 4 feet 9 inches tall). The safest place for all children, even through school age, is in the back seat of the car. Set a good example. **Make sure you and other adults buckle up, too!**



SAFETY IN A KID'S WORLD

Dear Parent: Your child is old enough to learn how to prevent injuries. The game below is designed to help your child think about safety. Read the messages with your child and talk about them together. Then take this safety sheet home and post it where everyone can see it.

It takes time to form a safety habit. Remind each other what it says. Make safety a big part of your lives.



Bike Safety

Always wear a 

when you ride your



Get the Helmet Habit!

Directions: Find your way through this maze. Connect the helmet with the bicycle.

From Your Doctor

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Child Car Seat Safety

Although the use of child safety seats has grown, more than 40% of children under age eight who die or suffer serious injuries in car crashes are not restrained with car seats or seat belts.

Child Safety Seat Tips:

- The best child safety seat fits both the child and the vehicle, and is installed and used the right way every time.
- Use a seat that meets federal standards and has them clearly labeled on the seat.
- Fill out and return the product registration card so you can be reached if the seat is recalled.
- Don't use seats that have been in a crash or been altered. If you buy a used car seat, know its history.
- NEVER place a rear-facing car seat in the front seat of a car with an air bag.
- The best place for any car safety seat is in the back seat of the vehicle.
- Children who have outgrown child safety seats should be restrained in booster seats until they are at least eight years old or 4 feet 9 inches tall.
- Children copy adults. Set an example and buckle up on every trip.

Use the chart below to help you decide which seat is the safest for your child.

Proper Child Safety Seat Use Chart Buckle Everyone. Children Age 12 and Under in Back!			
	INFANTS	TODDLERS	YOUNG CHILDREN
AGE/WEIGHT	Birth to 1 year and at least 20 lbs.	1-4 years and at least 20 lbs.	Over 40 lbs. Ages 4-8, or until they are 4'9" tall
TYPE of SEAT	<ul style="list-style-type: none"> • Infant-only seat/rear-facing or • Convertible seat/rear-facing 	<ul style="list-style-type: none"> • Convertible seat/forward-facing, • Forward-facing seat only or • High back booster/harness 	<ul style="list-style-type: none"> • Belt-positioning booster seat or • High back belt positioning-booster
SEAT POSITION	Rear-facing only at 45° angle	Forward-facing	Forward-facing
ALWAYS MAKE SURE:	<ul style="list-style-type: none"> • Birth to 1 year and at least 20 lbs. in rear-facing seats • Under 1 year, but 20-35 lbs. – use Convertible seat/rear-facing only, recommended for heavier infants • Harness straps at or below shoulder level (usually lower set of slots for most convertible seats) • Harness straps snug on child • Harness clip at armpit level 	<ul style="list-style-type: none"> • Harness straps should be at or above shoulders (usually top set of slots for convertible seat) 	<ul style="list-style-type: none"> • Belt-positioning booster seats must be used with both lap and shoulder belt • Shoulder belt should fit snugly across chest, rest on shoulder, and NEVER be placed under the arm or behind the back • Make sure the lap belt fits low and tight across the lap/upper thigh area – not across the stomach
WARNING	NEVER place a rear-facing seat in a front seat with an air bag	Children age 12 and under should ride in the back seat	Children age 12 and under should ride in the back seat

Excerpt: National Highway Traffic Safety Administration

Have Your Child Seat Inspected

There are Inspection Stations nation-wide that will teach you how to properly install and use your child safety seat. To find one near you, visit www.nhtsa.dot.gov and click on "Child Seat Inspections".

Source: American Academy of Pediatrics and National Highway Traffic Safety Administration



This topic sheet is for general information only, and is not intended as a substitute for professional medical care.

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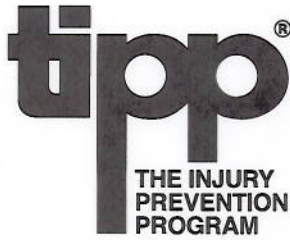


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Tips for Getting Your Children to Wear Bicycle Helmets



Tips for Getting Your Children to Wear Bicycle Helmets

Establish the helmet habit early.

Have your children wear helmets as soon as they start to ride tricycles and if they are a passenger on the back of an adult's bike. If they learn to wear helmets whenever they ride tricycles and bikes, it becomes a habit for a lifetime. It's never too late, however, to get your children into helmets. Allow your child to participate in choosing their helmet. They'll be able to let you know if it is comfortable. And if they like the design, they are more likely to wear it.

Wear a helmet yourself.

Children learn best by observing you. Whenever you ride your bike, put on your helmet. Plan bicycle outings during which all family members wear their helmets to further reinforce the message. The most important factor influencing children to wear helmets is riding with an adult who wears a helmet.

Talk to your children about why you want them to protect their heads.

There are many things you can tell your children to convince them of the importance of helmet use.

1. Bikes are vehicles, not toys.
2. You love and value them and their intelligence, and need to protect them.
3. They can permanently hurt their brains or even die of head injuries.

Most professional athletes use helmets when participating in sports. Bicycle racers are now required to use them when racing in the United States and in the Olympics.

Reward your kids for wearing helmets.

Praise them; give them special treats or privileges when they wear their helmets without having to be told to.

Don't let children ride their bikes unless they wear their helmets.

Be consistent. If you allow your children to ride occasionally without their helmets, they won't believe that helmet use really is important. Tell your children they have to find another way to get where they are going if they don't want to use their helmets.

Encourage your children's friends to wear helmets.

Peer pressure can be used in a positive way if several families in the neighborhood start making helmet use a regular habit at the same time.

How should a helmet fit?

A helmet should be worn squarely on top of the head, covering the top of the forehead. If it is tipped back, it will not protect the forehead. The helmet fits well if it doesn't move around on the head or slide down over the wearer's eyes when pushed or pulled. The chin strap should be adjusted to fit snugly.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



(over)

From Your Doctor

REMEMBER:

Head injuries can occur on sidewalks, on driveways, on bike paths, and in parks as well as on streets. You cannot predict when a fall from a bike will occur. It's important to wear a helmet on every ride.

Dear Parent:

Your child is old enough to start learning how to prevent injuries. The games below are designed to help him or her think about safety. Read the messages with your child and talk about them. Then take this safety sheet home and post it where everyone can see it.

It takes time to form a safety habit. Remind each other about these safety messages. Make safety a big part of your lives.

DIRECTIONS: Circle the signs that belong to "Rules of the Road."

Be a smart and safe rider.
Learn the "Rules of the Road."

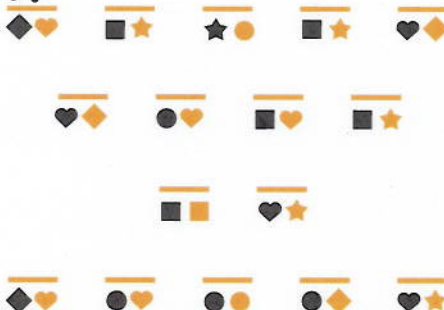


DIRECTIONS: Use the code key to read this message (the first letter has been done for you).

CODE KEY

■	A	B	C	D	E
●	F	G	H	I	J
◆	K	L	M	N	O
♥	P	Q	R	S	T
★	U	V	W	X	Y
▲	Z				

N



NEVER RIDE AT NIGHT

Always put your bike away when the sun goes down.



The information in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on the individual facts and circumstances.